
From: Cory Palka <cpalka@me.com>
Sent: Friday, February 23, 2018 2:23 PM
To: Habib J Munoz; Jonathan M Larsen; Michael W Ling; Brian P White
Subject: MY Mission Unstoppable NOTES- Dave Anderson

Mission Unstoppable- Dave Anderson

Class is about US, personal growth
Being consistent to go to the next level consistently.

Success leads clues!
email pics to unstoppable@learntolead.com (they will print)

Mindset beats talent anytime!

Life REWARDS Action!

#Undertaker- Toxic/ Don't live values/ Disease of ME/ Destroy Culture

#CareTaker- just putting in time/ they endure/ no growth/ bring problems/ pledge allegiance to status quo

#Playmaker- Steps Up when Game Changer is a lil off/ Not Consistent though/
Have drive/ energy but lack consistency

#GameChanger- Becoming my best everyday. More consistency brings the
Unstoppable 8:

EFFORT/ Energy/ Enthusiasm/ Excellence/ Passion/ Attitude/ Focus/ Energy

These are not permanent verdicts, they don't dominate your life. IN the end you will be known for something but you can become a game-changer

Look in Mirror-

Drive-an innate, biologically determined urge to attain a goal or satisfy a need.

Commitments in our heart start in our mind..

...renew your mind...EDMED

Negative people are like second-hand smoke!!! Pollutes everything around them

Dave has 56 different affirmations each day

Example: -I won't make excuses today

You can't develop people at "their own pace"

Don't be interested in being right, be interested in being better.

Persistence- Diligently pursuing a goal despite setbacks and obstacles.

Resilance- The ability to recover from setbacks, disappointments and defeat.

The difference between combativeness and competitiveness is MATURITY..

BE Ambitious/ BE Competitive

The unexamined LIFE isn't worth living- Socrates

Be LESS Tolerant- Not MORE tolerant

What are the four "BYGOD" things you must do everyday..By GOD, I must do these TODAY..NOW

BE "SELF-AWARE" of the message you send your people..

Hunger- INTense Desire/ Impelling Craving

BE UNCONDITIONAL at work...BRING IT!!

-Despite what is going on around you..

What YOU Focus on is WHAT You WILL BEcome

BE THERE- BE Engaged!

Priority- the fact or condition of being regarded or treated as more important.

“Why do YOU get up in the morning and why does anyone even care”

Zone- A temporary State of heightened focus that enables peak performance

Sample Affirmations:

ALL Things Benefit ME

I STAY READY

Admit & DISMISS

I ReNounce EXCUSES

I AVOID ZoneBusters

I'll PROVE Myself

I DON'T have Failures (I have feedback)

I am the COMPETITION

External Conditions Don't Dictate my OUTCOMES

I choose the right ASSOCIATIONS

I have Situations, NOT Problems

I WILL BE MY BEST

I Don't FIT IN

I GET BACK TO WORK

They DON'T MATTER (The art of being wise is to know what to overlook)

I have NO BAD Days

I OWN IT

I GO ALL-IN every Day (Unconditionally)

I AM A SOLUTION

I AM Completely Committed

I Choose CHEER (Attitude is a Choice)

Day II

Review-

There is NO traffic on the second mile...

To get more than you got, you've got to become more than YOU ARE

GRIT- see slide for definition
Disgust can be a great motivator

Your not gonna give a 'lot of extra', until you give a "little extra"- Bear Bryant video

Goal is to work on incremental increases

Lombardi- My JOB is to move 40 different men in 40 different ways to get the job done.

You Tube- Master Ken's Pink Belt

QUIT BOMBING THE outhouse- Worthless or low level TARGETS

Build "Emotional Equity" with People "Relational Equity"

Day III

No one will say to you; "Thanks for being Easy on me."

DOLE- Speaker- Brad Bartlett- President of Packaged Foods

APE

Attitude/ Passion/ Enthusiasm- key too all TIE BREAKERS IN Hiring...

"We could feed 50 companies with the food we throw away"

He is huge on "Food Share" program in Ventura County'

Dole builds in other countries- water, school, air conditioning, hospital, factories

50 years in Philippines, Tailand over 40 years

Dole "works on nickels and volume"

Dole buys JR Wood in 2004- frozen foods section of fruits..now a billion dollar industry..was only a fraction of frozen foods space now a big part of the space in stores

You CAN'T Talk a GAME CHANGER out of Success

He operates with an Attitude of “How Would I Put my company out of business” and work from that direction instead of being satisfied with 1%-2% a year growth..

NO DOLE Product would EVER have Murdoch's signature if SUGAR or PRESERVATIVES were added (EVER)

P&G- BEST at duplicating other products and BEING the BEST...Only product they ever created was the Swiffer in 30 years

Amazon is building a customer base right now, but quietly building there own label and will eventually cut the giants out..

DOLE is NOT Big in Whole Foods

“CLICK & COLLECT” is the future of shopping